

DAY 2 TASK

Find Your Minimum Effective Dose



Instructions: Fill in the time next to the date below on the days you commit to working out. E.g., "Monday @ __5:30pm__" If you're not working out a certain day, just leave blank.

1. How many workouts can you for sure make happen this week? When?

- Sunday @ _____
- Monday @ _____
- Tuesday @ _____
- Wednesday @ _____
- Thursday @ _____
- Friday @ _____
- Saturday @ _____

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2. What is ONE nutrition habit you can focus on this week? Choose one below.

- Have a 20-30g protein source with each meal or snack.
- Have one serving of fruit and/or vegetable with each meal/snack.
- Drink one glass of water before every meal and after every meal.
- Take a picture of every meal you eat.
- Morning weigh-in, before food and after the restroom
- 1 or fewer alcoholic drinks
- Cook 75% of meals for the day.
- Cook dinner 6/7 days this week.
- Didn't eat out.
- Took daily supplements.
- Tracked my calories for the day.
- Tracked my calories and protein for the day.
- Hit between [X-X] total daily calories
- Eat each meal without looking at your phone or watching TV.
- Put down utensils between bites.

TRACK IT: Keep it simple. I like putting a sticky note somewhere frequently visited (on my laptop, fridge, or mirror) and putting a tally mark each day that I accomplish my habit target.

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3. How many times will you eat out this week? When and where? Fill in below.

I normally eat out (#) _____ times per week on (day(s) of week) _____ at (name of restaurant(s)) _____.

If I eat out, I will have 1-2 meals in mind that are "good enough" to keep me on track with my goals. I will commit to those meals only. (Think of meals now.)

3 possible healthy dinners that I can cook at home are:

1. _____

2. _____

3. _____

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4. What usually goes wrong, and how can I plan ahead for it?

Examples: Nighttime overeating? Snacking because hungry? Lunch at work? Friday night dinner? Going to bed too late? Not enough protein? Peer pressure? No formal workout plan? Etc.

Obstacle:

Solution:

Obstacle:

Solution:

Obstacle:

Solution:

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Note from Matt



Look, I know how many times I've seen exercises like these and thought they sounded like a good idea, but never took action.

It could be something as simple as I didn't want to print out the PDF and physically fill it out.

That's fine. I made each of these tasks simple enough to copy and paste them into your Notes app on your phone, or even writing your answers out on paper.

I don't care *how* you do them, **all I ask is that you actually do them.** It makes a difference.